

# Cauliflower Steaks & Purple Barley Salad

*with Brown Butter  
& Grape Sauce*

**TIME:** 30-40 minutes

**SERVINGS:** 2

In this recipe, we're cutting cauliflower into thick slices, then roasting them to bring out the vegetable's nutty flavor. An equally nutty sauce of brown butter and almonds, cooked with grapes and rosemary, perfectly complements the "steaks." We're serving it all with a salad of gorgeous purple barley, and garnishing the dish with a bit of fennel pollen for a floral touch. (You may receive white, orange, purple, or green romanesco cauliflower.)



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## Ingredients



1 cup  
PURPLE PRAIRIE  
BARLEY



4 oz  
GRAPES



2 oz  
ARUGULA



1 head  
CAULIFLOWER



1  
LEMON



1 bunch  
ROSEMARY

## KNICK KNACKS:



4 Tbsps  
BUTTER



3 Tbsps  
ROASTED  
ALMONDS



1  
SHALLOT



1/8 tsp  
FENNEL POLLEN



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### 1 Cook the barley:

- ☐ Place an oven rack in the center of the oven, then preheat to 450°F.
- ☐ Heat a medium pot of salted water to boiling on high. Once boiling, add the **barley** and cook, uncovered, 28 to 30 minutes, or until tender. Turn off the heat.
- ☐ Drain thoroughly and return to the pot.

### 2 Prepare & roast the cauliflower:

- ☐ While the barley cooks, wash and dry the **cauliflower**. Cut off and discard the stem end and leaves. Cut the head into 1-inch-thick slices (keeping them as intact as possible).
- ☐ Place on a sheet pan. Drizzle with olive oil and season with salt and pepper; gently turn to coat.
- ☐ Roast 25 to 27 minutes, or until browned and tender when pierced with a fork. Remove from the oven and set aside in a warm place.

### 3 Prepare the remaining ingredients:

- ☐ While the cauliflower roasts, wash and dry the remaining fresh produce.
- ☐ Pick the grapes off the stems; discard the stems.
- ☐ Peel and thinly slice the shallot.
- ☐ Pick the rosemary leaves off the stems; discard the stems and roughly chop the leaves.
- ☐ Roughly chop the almonds.
- ☐ Using a peeler, remove the yellow rind of the lemon, avoiding the white pith; mince the rind to get 2 teaspoons of zest (or use a zester). Quarter and deseed the lemon.
- ☐ Roughly chop the arugula.

### 4 Brown the butter:

- ☐ While the cauliflower continues to roast, in a small saucepan, heat the **butter** on medium-high until melted. Cook, stirring occasionally and swirling the saucepan, 2 to 3 minutes, or until browned and nuttily fragrant. (Be careful not to overcook, as the butter can burn easily.)

### 5 Make the brown butter sauce:

- ☐ Add the **grapes**, **shallot**, and **rosemary** to the saucepan; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until the grapes are slightly softened.
- ☐ Turn off the heat; stir in the **almonds** and the **juice of all 4 lemon wedges**. Season with salt and pepper to taste.

### 6 Make the barley salad & plate your dish:

- ☐ Add the **arugula** and **lemon zest** to the pot of **cooked barley**. Drizzle with olive oil and stir to combine; season with salt and pepper to taste.
- ☐ Divide the barley salad and **roasted cauliflower** between 2 dishes. Top with the **brown butter sauce**. Garnish with the **fennel pollen**. Enjoy!